



Our Impact

April 2025- March 2026

3676

CENTRE INTERACTIONS

Connecting through in-person visits, social media, events, and digital platforms.

98

FAMILIES SUPPORTED

Bringing warmth and joy to the community.

- **70 families - 117 adults 144 children** received Christmas presents & food
- **28 families - 28 adults, 55 children** supported with Winter Warmer Packs
- **12 children** received bikes

134



WORKSHOPS/SESSIONS

843 participant engagements across our events and programmes
Some women attended more than once.

Practical activities are the vehicle. Learning connection, confidence and wellbeing are the outcomes.

1 in 3 participants arrived carrying tiredness, anxiety, or loneliness - with a post workshop feedback reflecting a positive shift towards connection, relaxation, renewed energy and pride

WHAT PARTICIPANT VALUED

Company/Connection: **67%**

Skill Dev & Growth: **78%**

Wellbeing &

Conversation: **55%**

324 Evaluations analysed - participants could identify more than one experience or outcome

123

WOMEN & YOUTH ATTENDED WOW, ART THERAPY & YOUNG MUMS COURSES

Gaining skills in parenting, building self-worth and confidence, navigating change, and managing stress and trauma

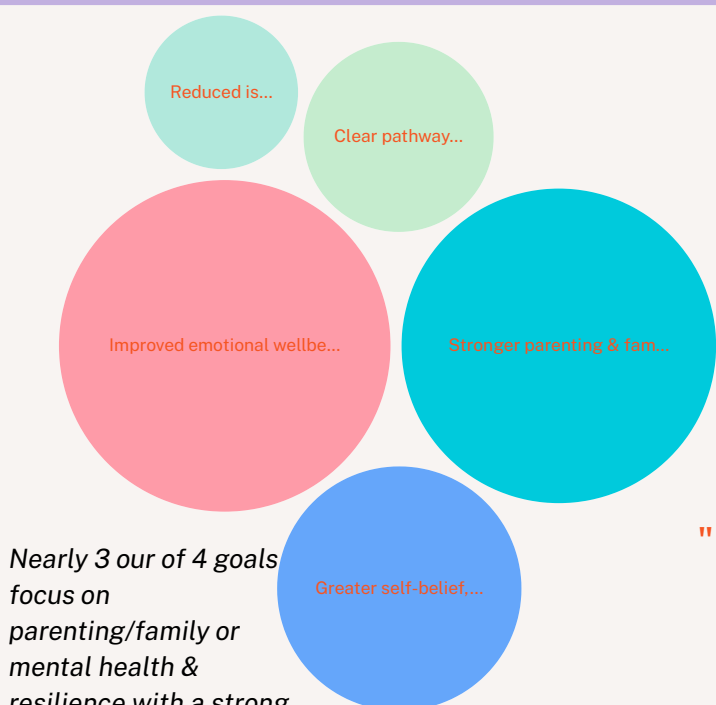
402

COUNSELLING SESSIONS DELIVERED

Supporting growth and healing in the community

37 funded and **30 unfunded** clients, with an average of 6 sessions each.

CLIENT REPORTED OUTCOMES



IMPROVED:

Stronger parenting & family relationships: **49%**

Improved emotional wellbeing & resilience: **55%**

Greater self-belief, confidence & decision making: **30%**

Reduced isolation & increased help-seeking: **12%**

Greater clarity, direction & connection to ongoing support

18%

REFERENCES

Excess Client Management, Client Evaluation Forms, Social Media